

Great American Smokeout 2003

Early morning run/walk is a 'GAS, GAS, GAS'

Story & photos
by Hugh C. McBride

Mick Jagger most likely didn't have cigarettes in mind when he wrote that Jumpin' Jack Flash was a "gas, gas, gas," but the song's lyrics could be interpreted as hinting at the ravages of tobacco addiction: "I was drowned, I was washed up and left for dead. I fell down to my feet and I saw they bled."

A few participants in Stuttgart's own "GAS" (that's "Great American Smokeout" to you and me) Fun Run/Walk may have been thinking similar thoughts — especially if they hadn't kicked the habit before heading out for an early-morning jaunt around Patch Barracks Nov. 20.

"Getting off the tobacco habit and staying off it is critical," said Col. Richard Mills, assistant chief of staff for U.S. European Command.

Mills, who was the keynote speaker at a pre-run formation in the Patch Fitness Center, said quitting is "a fight every day ... [but] if you're out here today to run, I know you're committed to a healthy lifestyle."

In addition to Mills' words of motivation and an anti-tobacco skit by members of Patch High School's Teens Against Tobacco Use, Fun Runners and Walkers were also treated to a healthy



Members of the 52nd Signal Battalion pass through Washington Square during the Nov. 20 Fun Run/Walk.

post-run breakfast, a free T-shirt and the opportunity to learn more about the dangers of tobacco use.

Sixth Area Support Group Health Promotion Coordinator Michelle Saylor said the turnout of more than 250 community members was evidence of Stuttgart's commitment to healthy living.

"Our community continues to lead the military when it comes to being smoke-free," she said.

For more about the Great American Smokeout visit www.cancer.org.



6th ASG Community Health Nurse Terry Gorham shares tobacco facts with two Fun Run participants.



Teens Against Tobacco Use members Danielle Grigsby and John Ritchie demonstrate the effects of tobacco with "Mr. Gross Mouth."

Patch High School group aims to 'TATU you' with tobacco info.

Story & photo by Melanie Casey

In conjunction with the Nov. 20 Great American Smokeout, members of Patch High School's Teens Against Tobacco Use performed tobacco-awareness skits for fourth through sixth graders at Patch Elementary School.

"Fourth to sixth-graders are the next generation of smokers," said Terry Gorham, 6th Area Support Group Community Health Nurse, "and they listen better to teens than to nurses."

TATU began in 1996 as an initiative of the American Lung Association and since then has reached more than 400,000 children across the United States, according to the ALA Web site.

Gorham started the PHS TATU group six years ago. Group members meet weekly to "learn about the harmful effects of tobacco products, watch videos and learn ways to educate the

public," said TATU member Jim Ritchie, a PHS senior.

The teens' TATU training culminates with the events of the Great American Smokeout, which takes place annually in November. Participants in TATU receive a certificate along with credit for community service, Gorham said.

Gorham and PHS faculty members Sue Schmidt and Alane Clemons serve as the TATU advisors. This year's group, with 21 members, is Stuttgart's biggest ever, Gorham said.

TATU member Jessica Weigeshoff said she joined TATU this year because she "wanted to educate the little kids about the dangers of tobacco use." Ben Back said he joined to "get my friends off smoking."

For more information about Teens Against Tobacco Use visit www.lungusa.org.

Smokefree.com offers online assistance to help smokers kick habit

Smokefree.com Release

The National Cancer Institute is proud to introduce www.smokefree.gov, a new Web site dedicated to helping smokers kick the habit once and for all.

This a commercial-free site was developed using scientific smoking cessation research and provides a variety of media to help smokers quit, including the following:

- Online instant messaging
- A Web-based quitting guide
- A smoking quit line (1-888-44U-QUIT)
- Self-help guides.

Smoking cessation self-help guides are available for special populations, including Spanish speakers, African American smokers, smokers over the age of 50, and smokers who have recently quit.

Additional features on www.smokefree.gov include a nicotine addiction test, a craving journal and details on medications that can help smokers

manage withdrawal symptoms.

The site also provides the phone numbers and Websites for quit lines within each state via an interactive U.S. map.

Researchers and health professionals can use www.smokefree.gov to access the government's best practice manuals for treating tobacco use and dependence as well as reports from the Surgeon General about smoking.

Organizations that provide information on smoking cessation are encouraged to link to www.smokefree.gov.

NCI's Tobacco Control Research Branch leads and collaborates on research and disseminates evidence-based findings to prevent, treat, and control tobacco use.

For more information visit www.tobaccocontrol.cancer.gov, e-mail Dr. Jacqueline Stoddard at stoddaja@mail.nih.gov, or e-mail April Brubach at brubacha@mail.nih.gov.